



USDA-FNS Presents



Loving Your Family... What's It All About?

Week 7

Schedule

Loving My Family In A Whole New Way... A Success Story

In this short video, you'll meet Food Stamp Nutrition Educator, Nan Jensen who has found success with the new *Loving Your Family...* initiative. One of her clients, Kristen will show you how she got her whole family on board with healthy eating by following the principles in the *Loving Your Family, Feeding Their Future* materials. The running time of this video is approximately 5 minutes, 22 seconds. This video is part of the online education module "*Explore Loving Your Family...*" but can be accessed independently by going to



the Food Stamp Nutrition Connection at <http://foodstamp.nal.usda.gov> and then following the links for the *Loving Your Family...* initiative. Click on "About Loving Your Family..." and the video is the third topic down.

The concept behind the video is to demonstrate the connection between the seven basic habits discussed in the *Healthy Family Guidebook* to the basic nutrition principles

taught in the Dietary Guidelines for Americans (DGA) and MyPyramid. The main character Kristen, has graduated from a local *Loving Your Family...* program and explains how she put the concepts she learned from Nan Jensen into action. Kristen provides practical advise for busy moms on how to help their families eat better and be more physically active.



Nan Jensen-Food Stamp Nutrition Educator

Online Education Module & Educator's Handbook	Week 1
Staff Support Kit	Week 2
Promotional Brochures	Week 3
Discussion Sessions	Week 4
Participant Guidebook	Week 5
Participant Handouts	Week 6
Loving My Family...video	Week 7
User Response Card	Week 8

How To Order Materials

For specific ordering details use the following internet addresses to link to the Food Stamp Nutrition Connection web site:

<http://www.nal.usda.gov/foodstamp/orderingmaterials.pdf>

Food Stamp Nutrition Educators can order limited copies of specific materials at:

<http://www.ntis.gov/foodstamp/default.aspx>

Everyone can download materials for free at:

<http://foodstamp.nal.usda.gov/>

Creative Ideas for Using The Video

1. Use the video to hold in-service orientations for non-nutrition, professional, paraprofessional, and clerical staff to introduce the initiative, review the value of nutrition education, and solicit support.

2. Use the video to quickly summarize the *Loving Your Family...* initiative while holding in-service orientations for FNS program staff associated with other nutrition programs, such as WIC, and Child Nutrition Programs.

3. Use the video as a promotional tool at health fairs and community events to quickly summarize in a colorful and eye-catching manner the seven basic habits that are the foundation of the *Loving Your Family...* initiative.